



# Washington Massage News

Affiliated with American Massage & Therapy Association

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John A. Murray, Editor

Port Townsend, Washington

## STATE PRESIDENTS REPORT

I will try to bring you up to date as to what has happened in the last month.

A group of us got together and went to the Edison Vocational School and met with an eight man board and discussed the possibility of setting up a course on Massage Therapy which would consist of about 1,000 hours, or from 9 months to a year.

We discussed it pro and con and decided to start with a night course and see how well it was attended before setting up a regular daytime course.

We would first take up Anatomy and Physiology and then go into Clinical Training such as electro and hydro-therapy and the different techniques in massage. This would have to be taught by one of our own Therapists who has had the proper training.

The School said they would teach the Anatomy and Physiology but we would have to supply the Clinical training. We have already found two people who could do this for us.

We are now sending out questionnaires to learn how many would like to take a refresher course or students who would like to take up Massage Therapy as a profession and come out a qualified Massage Therapist from an accredited school recognized by the state of Washington.

If you, as members, know of anyone who is interested in taking up this course, either get in touch with Art Dunbar or myself.

We have not worked out the details as to cost, or how many hours the course will be at first, but as soon as we get the answers back from the questionnaires we will know what steps to take next.

There will have to be at least 15 to 18 students to start as a class.

The board seemed to be quite interested in getting a class started and I feel that not only would a state accredited school give us more prestige in our profession, but would also help in the presentation of our Bill in Legislation.

We had a meeting with Washington Massage Operators here in Seattle, which is a small group that get together for sociability and lecturing on different facts and techniques on Massage.

Joe Heisler invited us to attend their meeting to explain the benefits of being a member of a National Organization, I read the little hand brochure and provided applications for, those who were interested.





Five of their members signed up with the possibility of more within the next ten days.

I feel that we are beginning to make more progress, lets keep the ball rolling and show the National that we are not dead yet in the State of Washington.

Many thanks to Art Dunbar, Ed Miller, Jim Wier, Don Olson, and Jean Williams who represented our A.M. & T.A. group at the meeting held by Joe Hisler.

Art Mann, R.M.T.

The September meeting of Seattle Chapter of Washington Massage Therapy Association, was held Sunday, Sept. 17, at the home of the John Murrays in Port Townsend.

The weather man favored us with a perfect day, for travel and an outdoor pot luck on the patio. There was almost 100% of the old faithful members in attendance.

The meeting was called to order by president Ed Miller, after the reading of the July meeting minutes, by Sec. & Treas. Regina Williams, same were approved.

President Miller gave us some very good food for thought, on our legislative problems, and a probable solution, we will learn more about this in a special meeting to be called in the near future.

You members who sit complacently at home month after month, never attending at least one meeting a year, do not realize the efforts that a few workers put forth to try and save our livelihood, from the legislative bone pile, through adverse propaganda and legislation.

These few workers have been successful in the past, but we can't ride on those successes, with any degree of assurance. They need the support of all state members. If you can afford to practice Massage Therapy, you can afford to attend your local meetings, and your state meeting once a year.

Arthur Dunbar has his own tape recorder, with which he recorded the August meeting with National President George D. Gammon, who came by way of Spokane and Seattle to give we Washington Massage Therapists a special meeting and much valuable information, on legislation, insurance, membership, to mention only a few. Which all Washington members should hear.

We owe Arthur Dunbar a debt of thanks, for his thoughtfulness in making a tape recording of the meeting.



## THE FIRST PHYSICIAN

"I swear by Apollo the Physician, by Aesculapius, Panaces, Hygeia, and all the gods and goddesses, making them my witnesses, that I will carry out, according to my ability and judgment this oath."

So starts the oath which is traditionally associated with the medical student entering his profession. The spirit of that oath, written 2300 years ago, lives today in those who practice the science and art of medicine or surgery. Its author was Hippocrates, the father of medicine. Hippocrates was a true symbol of the glory of Greece, a time and a place in world history that produced more civilized wonders than had ever been known.

Little is known of the actual life of Hippocrates, but his teachings were, without doubt, the first major milestones in the history of medicine. Before his time, disease was considered a divine infliction; medicine was just a jumbled collection of fact and fancy. But Hippocrates saw disease as a natural process which developed in logical steps; he viewed the doctor as a man of science instead of a priest.

Hippocrates freed medicine from the bonds of superstition and attempted to observe disease, to classify it, and to predict its course according to the known laws of science. Some of his observations were amazingly accurate: When sleep puts an end to delirium it is a hopeful sign. When one oversleeps, or fails to sleep, the condition suggests disease. When recovering from a fracture, mobilization should be induced at an early stage, since exercise strengthens and inactivity wastes.

Instead of relying on the mystic notions of temple healers, Hippocrates investigated disease at the bedside. With practically no information on causes of many illnesses, Hippocrates diagnosed symptoms with incredible insight. He set and splintered fractures and reduced dislocations; he instituted the use of thermic baths as a therapeutic measure; on the proper occasions, he prescribed emetics for his patients.

But perhaps the greatest contribution that Hippocrates made to the art of medicine was his view of the healing function as a human relationship. He saw the doctor-patient relationship as one which involved both scientific understanding and sympathetic rapport. He felt that the practice of medicine was impossible if the patient does not feel free to reveal everything to his physician, and to that end he insisted that the physician must not betray his patient's confidences.

He believed that the course of any disease was largely determined by the patient's environment and way of life. To him, the patient was a whole person, to be treated as such.

He provided the enduring ethics for his profession. The name Hippocrates symbolizes all that is great and lasting in medicine.



# ENERGY TRANSFER

It has often been discussed, among Massage Therapists, that a certain amount of energy is transferred from Therapist to patient or vice-versa.

It hardly seems logical that by mere contact of the hands upon the body of the patient that such transfer could be possible. Yet those experienced in Massage Therapy, have come to realize that such a condition is possible, even though it is unseen, and unfelt at any precise moment. But at the completion of a treatment, with some individuals, the Therapist feels a complete let down - or a state of exhaustion while other individuals will have a rejuvenating effect upon the Therapist, while many have no effect one way or another.

From experience it would seem that the patients who take the most out of the Therapists, usually seem to feel rejuvenated, while those that rejuvenate the Therapist are relaxed and express a feeling of lassitude.

When I was employed at the Washington Athletic Club we had some members that were extremely hard to give a body Massage Therapy to, others were extremely easy, and some were in between. Some were very pleasant and some were very disagreeable. Some wore you down to a nubbin and some gave you a real lift in energy and spirits.

By way of an experiment, I suggested to the other five Therapists, that we write ten names of those we thought were hardest to Massage, ten who we thought were easy, ten who took a lot out of us, and ten who gave to us, we then compared our lists. Practically every one had the same individuals on their lists. Maybe not in the same order in each group, but invariably in the same group.

One Massage Therapist described it as like walking uphill in heavy wet gumbo, another as, the kind of flesh that bounces back at you, when they had a patient who was a difficult massage.

Blossom Guntley and I agree on those that are hard and those that are easy. Pryor Canaday made the statement that he used the diathermia while he was doing a Massage to supply the electrical energy that the patients would take from him.

In reviewing the above remarks, it would seem that the transfer of energy from Therapist to patient, or patient to Therapist must take place, in some form or other.

Have any of our member therapists had similar experience?

John A. Murray, R.M.T.



# WHICH IS REALLY THE WEAKER SEX?

What constitutes sickness? What's an acceptable reason for disability? When it comes to answering these questions, women seem to have their own ideas --and their ideas differ sharply from those of men.

This was suggested by Lawrence E. Hinkle, Jr., M.D., associate professor of clinical medicine at New York Hospital, Cornell Medical Center, in a report on a 25-year study of 116 men and 96 women.

The study sought to determine why American women appear to be more sickly than men, and why women in industry lose more time through illness, but, in general, outlive men.

"The incidence of disabling illness among the women was significantly higher than among the men," said Doctor Hinkle. "However, the difference was almost entirely accounted for by a higher incidence of colds, "grippe", pharyngitis ( a type of sore throat), acute gastroenteritis, bruises, headaches, and minor periods of tension, anxiety, asthenia (loss of strength and energy), or depression."

Though the women were disabled more frequently and for a greater proportion of the time than the men, the incidence of serious, life-endangering illnesses was somewhat higher among the men. Doctor Hinkle estimated that, over a 20-year period, the men experienced a risk of death from illness greater than that of the women in a ratio of about four to three.

He said it seemed very likely that the higher incidence of illness and the greater amount of disability among the women was "largely the result of culturally determined differences in the attitudes toward what constitutes illness and what creates an acceptable reason for disability in men and in women."

Stewart has given me permission to use any part of this letter that I wish. I think it is such a very fine and fitting letter I will use all of it.

ME

Dear John:

Hello friend! It is a long time since I have written to you or to anyone for that matter. I am happy to say that is is beginning to look a little more normal around our place, Mrs. Piper appears to be on the mend after a series of surgery this spring and summer. There was a period of several weeks wherein neither the Dr. or I expected her to pull through. We had anxious weeks during her hospitalization. When such conditions arrise a fellow doesn't seem to have time for anything else other than the needs of the situation.



John, I hope now that things are settling down I can be a little more useful to the organization. We are still on the recuperation program and limited in our activities, and will be for some time but at least I am able to do my work with a little more levelheadedness.

It is my sincere hope that it will be within me to do a little writing for the paper. There are many things about which most of us could spend a few minutes to contribute a thought or two to our paper for which you work so diligently. We just don't seem to have the will to do these things and we are always prone to "Let John do it". We have to take ourselves in hand and --perform a little ----

### EDUCATION OF THE WILL

Even though events and incidents of our daily living are constant forces that help mold and form character, it is the steadfastness of direction and management of the will that must be accomplished by each individual for himself, acting in complete isolation upon his own nature.

The habit of disciplined thought, the habit of establishing the supremacy of the will over the various modes of thinking, the habit of letting loose the thoughts of courage, confidence and victory toward the various aspects of our life as we live day by day; - these form the important steps of education of the will.

In modern times as well as in times long past, men and women have sought to discover their destiny through fortune telling,--- crystal-gazing,-- tea leaves and even the Ouija board.

Such seekers, if they live long enough, find that their "Star of Destiny" - is not in the heavens, nor anywhere else except in the gardens of our hearts and our minds.

Within each of us there is this "Star of Destiny" which cares not about the past, but sheds its powerful light toward the future. This star orbits about man's own character and will. Its paths are charted by man's ideas which finally become Ideals.

This we must know. The Horoscope of our life is rewritten every-day when we come to realize that resolution is will,---that Will is Character and that Character is Destiny.

So my friend I do hope that a few of us will take a moment or two to stop and think and appreciate the fact that the paper and the Association Chapter is only going to be as good as the ALL of us are desirous to make it and are willing to Educate our will to appreciate the responsibility of each of us in making the Washington Chapter of the A.M.T.A. an agent to serve us because we too chose to serve one another and our cause.

During Mrs. Piper's illness I had many hours to do a little self evaluating and I CAN tell you that the summation of that evaluation showed the need of greater effort on my part to help carry the load



and not be satisfied to just let George or John or Henry or Anyone else but me do it.

We all have knowledge, that I am sure we can share with our fellow members. To have the knowledge and not use it to the fullest is a weakness that we must overcome. After all we are in the profession to serve, and the service performed in passing on informations and thoughts to our fellow so that he may serve better is every bit as important as direct service to our own clientele. We must forget self and discipline ourselves to be honorable not just in word but in deed and brother there is no limit to the honor we can perform. Let us forget self and be what we claim to be, An Association of professional men united for the purpose of furthering our Science to the Ultimate. If we do not take steps to strengthen our chapter just as surely as night follows day we will die and decay in the apathy of our own making.

It was not my intention to ramble on this way when I started. I merely intended to say hello to an old friend and maybe reintroduce myself as a member of the association. I have been as guilty as anyone else in the neglect of my duty as a member of this, which should be one of the outstanding Chapters of the A.M.T.A.

So with these words I will take my Leave and maybe I can think of something to contribute to the paper for the next edition.

Thank you John for your patience and indulgence in the reading of the note I just wrote. If I have said anything worthy of use in the coming edition please feel free to use it. (Even the typographical errors may be used for I certainly make enough that I can spare their use by others.)

I am again at the Y.M.C.A. and I find it a wonderful place to work in and to promote good relationship with the people of the City of Everett and the outlying community. I use this contact to promote our Science and it is with pleasure that I find the average business man most appreciative of our work and if we render true service we need ever fear losing our just place in the field of Healing Sciences. Our desire must be to serve. Our need is to serve. When we are serving we in turn are being served. The very price of our existence upon this earth is Service to our fellowman. No matter what our particular type of work we Must Serve and serve with the knowledge that in giving of ourselves we will receive to meet our needs.

Good night John. I hope that this letter finds you and your loved ones enjoying the fulness of life and its abundance

Very truly yours,  
Stewart T. Piper, R.M.T.

We hope that this November issue of the Washington Massage News finds Mrs. Piper well on the safe road to recovery, and that Stewart will be at ease, to again take up his activities with the Washington Massage Therapists.



# STATE LICENSE OR CITY LICENSE

Many Massage Therapists are familiar with licensing for Massage Therapists in the larger cities. Some of the states have their state board of examiners and issue state licenses. Unfortunately the State of Washington has no legislation requiring a state license. Our legislative committee and many of our membership are striving to obtain such legislation for two important reasons. First, in the future a state license will insure our right to practice Massage Therapy - Second It will insure the public that they are being treated by qualified Therapists.

I have a Seattle city Massage Therapists license, which I find means more to the patient public, than my certificates from Colleges of Massage Therapy, that give me the background training, as a Therapist.

I am not required to have a Seattle license to practice in Port Townsend, but as long as I have it, I keep it in force for the above mentioned reason.

I was not required to have a Massage Therapist license while employed at the Athletic Club, being able to practice under the club license, but I was frequently called to the hospitals, hotels and homes, also worked in a public bath house where it was necessary to have a city license, so I applied to the city examining board, took the examination and was granted the city license. I wish it were a state license, it would mean, prestige and security of Massage Therapy practice.

John A. Murray, R.M.T.

Very truly yours,  
Stewart T. Piper, R.M.T.

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